

ACHIEVE

Action Communities for Health, Innovation, and EnVironmental changeE

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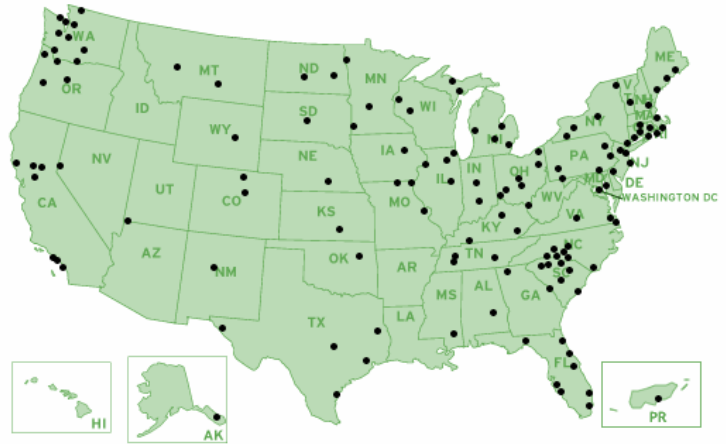
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[Official ACHIEVE Website](#)

Manatee County Health Dept.
410 Sixth Avenue East
Bradenton, FL 34208
941-748-0747 x1406 or 1212

About ACHIEVE - Manatee

Action Communities for Health, Innovation, and EnVironmental changeE ([ACHIEVE](#)) is a collaboration of the Centers for Disease Control and Prevention ([CDC](#)), the National Association of County and City Health Officials ([NACCHO](#)), and other selected national organizations. Manatee County became an ACHIEVE community in 2010 with the goal of creating and enhancing policy, systems, and environmental change strategies addressing [nutrition](#), [physical activity](#), and [tobacco use](#). There are currently 134 ACHIEVE communities nationwide, shown on the map to the right.



See Manatee County's [public ACHIEVE Community webpage](#) for more information on our activities and resources.

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CHART Manatee



A group of CHART Manatee members at an ACHIEVE Healthy Learning Institute, July 2010.

ACHIEVE is a coalition-based program, involving interested individuals from various community sectors. The coalition, called CHART (Community Health Action Response Team) Manatee, includes business owners, government officials, non-profit representatives, and health sector employees. Each coalition member is part of a subcommittee addressing nutrition, physical activity, or tobacco policies. The committees meet on a regular basis to discuss progress, challenges, and future action steps. The results of yearly community assessments help shape the team's goals, objectives, and strategies to be used in a Community Action Plan.

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Nutrition

ACHIEVE's nutrition component in Manatee County has three focuses:

1. Increase access to healthy foods through [farmers' markets](#)
2. Incorporate [Healthy Choices](#) at restaurants
3. Establish [breastfeeding-friendly policies](#) in workplaces



Contact [ACHIEVE](#) for:

- Technical assistance
- Marketing strategies
- Signage
- Outreach to clients and staff



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Farmers' Markets

Several locations throughout Manatee County are setting up multiple vendor farmers' markets, or single vendor farm stands, to increase access to healthy foods where it is otherwise unavailable: downtown Bradenton, the Manatee County Health Department, Pine Village – a public housing complex in Bradenton, and in the City of Palmetto. CHART Manatee is also helping these vendors receive authorization to accept EBT (food stamps) as payment.

For more information on EBT use at farmers' markets, go to <http://www.fns.usda.gov/snap/ebt/fm.htm> or click [here](#) for more resources.



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Healthy Choices Restaurant Program



The Healthy Choices Restaurant Program is a collaboration between Blake Medical Center and the Manatee County Health Department to help local restaurants identify at least two 'Healthy Choices' on their menus. Blake Medical Center nutritionists worked with the restaurants to modify or create new menu items that would fit specific criteria in terms of calories, fat, and sodium levels in the dishes. Blake Medical Center conducts on-going marketing campaigns for all twenty-one restaurants that have agreed to participate in this initiative. For more information and a full list of participating restaurants, go to Blake Medical Center's [webpage](#). A local newspaper article highlighting the Healthy Choices program can be found [here](#).

For more information on the Healthy Choices Restaurant Program or to become a participating restaurant, contact [ACHIEVE](#) at (941) 748-0747 x1406.

HEALTHY CHOICES



Kylie's Mandarin Orange Grilled Chicken Salad

Grilled chicken breast, mandarin oranges, sliced almonds, tomatoes and cucumbers over fresh greens. Served with a roll and 2 oz. of orange mandarin dressing. - 7.99

Calories - 635 Sodium - 336 Grams of Fat - 18

Grilled Grouper Sandwich

Served with red onions, lettuce and tomatoes on a kaiser bun and a half cup of applesauce - 8.59

Calories - 517 Sodium - 565 Grams of Fat - 6

Veggie Omelet OFFERED UNTIL 3 PM.

Onions, peppers, mushrooms and tomatoes. Served with two slices of dry wheat toast and 3 oz. of orange or grapefruit juice - 6.59

Calories - 391 Sodium - 473 Grams of Fat - 13.2

With Egg Beaters

Calories - 314 Sodium - 498 Grams of Fat - 6

Healthy Choices menu at one participating restaurant, Popi's Place.

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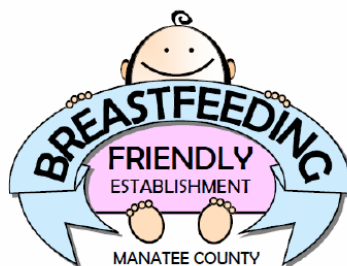
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Breastfeeding-Friendly Policies



CHART Manatee has assisted several local workplaces in developing and implementing breastfeeding-friendly policies, allowing for both patrons and employees to breastfeed their babies in a comfortable, private location in the building. Participating workplaces include the Manatee County Health Department and Healthy Start Manatee.



If your business is interested in supporting working moms by starting a breastfeeding-friendly policy, use this [toolkit](#) to get started and contact [ACHIEVE](#) at (941) 748-0747 x1406. Additional resources can be found [here](#).

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Physical Activity

The physical activity initiatives in Manatee County encompass:

1. Creating policies for [opening parks and playgrounds](#) in the evenings for public accessibility, and
2. Establishing and implementing [worksite wellness](#) policies and programs



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Park and Playground Access

Many school playgrounds in Manatee County are currently locked and/or gated after school hours. For children and adults who live in unsafe neighborhoods without easy access to parks, this makes it difficult for them to play or exercise outdoors in the evenings. CHART Manatee has identified local elementary schools that are interested in opening their playgrounds to the public after hours.



If your school is interested in participating in this program, please contact [ACHIEVE](#) at (941) 748-0747 x1406. Further resources on after hours park access are available [here](#).

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Worksite Wellness

CHART Manatee is working with local businesses, organizations, and government facilities to implement physical activity policies within the worksite. Policies are suited to the workplace's needs and include mandatory stretching or physical activity breaks during long meetings; establishing outdoor walking trails on office property; allowing flex schedules to permit employees more time to exercise before, during, or after work; subsidizing gym memberships; and more.

CHART Manatee has created a [toolkit](#) with more information and ideas about physical activity and other wellness policies (e.g. breastfeeding, tobacco-free, healthy catering) in the workplace. Click [here](#) for additional resources.

If your worksite is interested in developing worksite wellness policies, please contact [ACHIEVE](#) at (941) 748-0747 x1406.



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Tobacco Free Campuses

The tobacco subcommittee is dedicated to establishing tobacco-free school campuses, workplaces, and outdoor areas through implementation and enforcement of policies. Tobacco free campuses in Manatee County include:

- Manatee Technical Institute
- Coastal Orthopedics
- Boys and Girls Clubs
- Blake Medical Center
- Manatee Memorial Hospital
- Lakewood Ranch Medical Center
- State College of Florida
- Youth facilities in county parks

If you would like to set up a tobacco free campus, please contact [ACHIEVE](#) at (941) 748-0747 x1212 for:

- Technical assistance
- Marketing materials
- Financial support for signage.

For more information regarding tobacco-free policies, click [here](#).



Westminster Tower and Shores
tobacco free campus sign

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Breastfeeding

[ACHIEVE Breastfeeding Toolkit](#)

[Breastfeeding-Friendly Companies](#)

[Florida Breastfeeding Statute](#)

[Surgeon General's Call to Action](#)

[American Academy of Pediatrics Policy Statement](#)

Farmers' Markets and Food Deserts

[Nutrition Assistance Programs at Farmers' Markets](#)

[SNAP at Farmers' Markets: USDA How-To Handbook](#)

[Georgia Farmers' Markets Success Story](#)

[USDA Report to Congress: Access to Affordable and Nutritious Food](#)

Healthy Choices

[Healthy Choices Restaurant Program](#)

[Bradenton Herald Article](#)

[American Heart Association's Dining Out Tips](#)

Playground Policies

[Toolkit on Joint Use Agreements](#)

[Sample Joint Use Playground Policy](#)

Worksite Wellness

[ACHIEVE Worksite Wellness Policy Toolkit](#)

[The Health and Cost Benefits of Worksite Health-Promotion Programs](#)

Tobacco Free Campuses

[Bradenton Herald Article: State College of Florida](#)

[Bradenton Herald Article: Tobacco Free Hospitals](#)

[Tobacco Free Florida](#)